



WATERMELON GAZPACHO

Watermelon can be combined with savory ingredients for a surprising and refreshing twist in this simple and quick gazpacho recipe.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

- 4 cups cubed, seeded watermelon, divided
- 1 cucumber, peeled, coarsely chopped, divided
- 1 garlic clove, minced
- 2 tbsp chopped onion
- 2 tsp lime juice
- 1 tsp olive oil
- 1 tbsp chopped fresh basil
- 1/8 tsp ground black pepper
- 1/2 jalapeño pepper, seeded and chopped (optional)

DIRECTIONS:

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and whole-grain pita bread/chips with 2 tbsp hummus.



Food Group Amounts

Dairy	--
Fruits	1 cup
Vegetables	1/2 cup
Grains	--
Protein	--

Nutrition Facts

Serving Size (211g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 1g

Vitamin A 20% • Vitamin C 25%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

June 2013
Center for Nutrition Policy and Promotion

